



*Living Healthy
Working Well®*

Work-Life Balance Redefined



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

Balance is Within Reach

Balance. It's harder than ever to achieve these days. Fast-paced work and communication can intrude on your personal time. You may feel overwhelmed trying to keep up. So learn how to reduce stress in your life and find time for the things you value.

Access your Employee Assistance or Work-Life Program to find helpful information on achieving a better work-life balance.

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